

# Italian Heart Healthy Cooking Class

**Wed,  
12 Feb 2014**

**1700-1900  
ACS  
Kitchen**



**RSVP by  
6 Feb 2014**

**f2frsvp@  
gmail.com**

**In honor of "Go Red, Women's Healthy Heart" month! There will be a short by USAHC-V on presentation on positive life style changes to help prevent heart disease. Heart disease is the #1 kill of women of all ages.**

**Free class, dinner provided!**

**Maximum 25**